



20 Lb (9.07 kg) Oven Ready Whole Grain Breaded Pollock Sea Wonders Sea Shapes 1.0 oz, CN, MSC

Made from wild caught Alaska Pollock, High Liner Whole Grain Breaded Pollock Fish Shapes are specially formed, fish-shaped Pollock that are as delicious as they are downright fun. What's more, they align with USDA guidelines for whole grain. Each oven-ready shape cooks to golden crunchy, kid-friendly perfection in minutes. An exciting, more nutritious option for school lunches and other Child Nutrition-approved applications.

Product Last Saved Date: 21 August 2025

Nutrition Facts

80 Servings per container
Serving Size 4 Pieces (112g)

Amount Per Serving
Calories 260

% Daily Value*

Total Fat 10 g **12%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 20 mg **7%**

Sodium 480 mg **21%**

Total Carbohydrates 29 g **11%**

Dietary Fiber 5 g **19%**

Total Sugars 3 g

Includes 2 g Added Sugars **3%**

Protein 16 g

Vitamin D 0.6 mcg 2%

Calcium 60 mg 4%

Iron 2.6 mg 15%

Potassium 500 mg 10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications :

Code	GTIN	Type Of Catch
1089865	10035493898657	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	9.8125 INH	12.1250 INH	1.0887 FTQ	12x3	540 Days	-10 FAH / 0 FAH

Ingredients :

68.9% SEAFOOD BLEND [MINCED ALASKA POLLOCK, WATER, SOY FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, HYDROLYZED CORN PROTEIN, BUTTER FLAVOR (MALTODEXTRIN, ENZYME MODIFIED BUTTER, FLAVOR), TITANIUM DIOXIDE, MODIFIED CORN STARCH, ONION POWDER, SPICES, NATURAL FLAVOR]; 31.1% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WATER, MODIFIED CORN STARCH, SUGAR, WHOLE YELLOW CORN MEAL, ONION POWDER, GARLIC POWDER, SALT, YEAST, YEAST EXTRACT, SPICES, WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), CORN SYRUP SOLIDS, YELLOW CORN FLOUR, CORN STARCH, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), MODIFIED CELLULOSE, CONCENTRATED LEMON JUICE, NATURAL FLAVOR. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Place oven rack in the center of the oven. Preheat oven to 350°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-12 minutes. CONVENTIONAL OVEN: Place oven rack in the center of the oven. Preheat oven to 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

The ideal finger food for school lunch served with Popeye the Sailorman Spinach and the dipping sauce of your choice.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:
MSC Certified: Yes
Has CN Statement: Yes
CN Statement: FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH SHAPES PROVIDE 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.75 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.





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CN Information:

CN Statement : FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH SHAPES PROVIDE 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.75 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

Label Copy:

*Please note - label for bid proposes only per USDA Document# SP11v2 CACFP10SFSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark.



INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN
DO NOT
REFREEZE

2565278



EST. # 045

**Oven Ready Whole
Grain Breaded Pollock
Sea Wonders**

**Made With Minced Fish & Alternate Protein Product
320 - 1.0 oz Sea Shapes**

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Place frozen fish in a single layer on a shallow baking pan. Bake for 10-12 minutes.
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Place frozen fish in a single layer on a shallow baking pan. Bake for 10-15 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: 68.9% SEAFOOD BLEND (MINCED ALASKA POLLOCK, WATER, SOY FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, HYDROLYZED CORN PROTEIN, BUTTER FLAVOR (MALTODEXTRIN, ENZYME MODIFIED BUTTER, FLAVOR), TITANIUM DIOXIDE, MODIFIED CORN STARCH, ONION POWDER, SPICES, NATURAL FLAVOR); 31.1% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WATER, MODIFIED CORN STARCH, SUGAR, WHOLE YELLOW CORN MEAL, ONION POWDER, GARLIC POWDER, SALT, YEAST, YEAST EXTRACT, SPICES, WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), CORN SYRUP SOLIDS, YELLOW CORN FLOUR, CORN STARCH, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), MODIFIED CELLULOSE, CONCENTRATED LEMON JUICE, NATURAL FLAVOR. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL.
CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

NET WT 20 Lb (9.07 kg)



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LOT#: 1234567890



From an MSC certified sustainable fishery.
www.msc.org
MSC-C-50552

CN 099315
FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH SHAPES
PROVIDE 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.75 OZ
EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN
REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED
BY THE FOOD AND NUTRITION SERVICE, USDA 02/2021).
CN

1089865

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
FOR INQUIRIES CALL: 1-888-860-3664
www.highlinerfoods.com



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High Liner Bid Desk Contact and Specification Verification:

Dawn Enos / Sales Operations Manager k12
PH: 603-818-5334
Email: dawn.enos@highlinerfoods.com